

# Nature Wonder Weekend



## **41<sup>st</sup> ANNUAL NATURE WONDER WEEKEND NORTH BEND STATE PARK September 19-21, 2008**

This is your invitation to attend the *41<sup>st</sup> Annual Nature Wonder Weekend* at North Bend State Park on September 19-21, 2008, where we emphasize wild foods through programs, nature walks and special wild food offerings. This may be of particular interest, gasoline wise, in that this park is on the Ohio River border of West Virginia within easy driving distance from several states.

Our theme, in fact, will be woven around the wild foods you can easily recognize in each of the 50 states. Also, taking advantage of a unique happening, the 250<sup>th</sup> anniversary of the French and Indian War that led to the American Revolution, we offer a once in a lifetime experience with our guest of honor Doug Wood. The Saturday evening program is part of the History Alive! program of the West Virginia Humanities Council. Ostenaco, Cherokee leader, will be portrayed by Doug Wood of Nitro, WV.

Doug of is a survival wild foods specialist, but in addition to that, was chosen as a Cherokee Indian re-enactor for the French and Indian celebration in the English settlement break-through from Georgia north to the New York border. Doug is from the WV Department of Environmental Protection and along with his wife, Diane Anestis, who was last years featured guest, will lead nature walks and speak on Friday evening.

This event is sponsored by the WV Division of Natural Resources, North Bend State Park and the National Wild Foods Association. Many West Virginians, some now living in other states, have been helping Edelen Wood, president of the National Wild Foods Association, in surveying what we would see that we would recognize as something "from home" in each state.

For instance, Mike Krebill of Iowa suggests sumac as something we would recognize there; George Dietz of Florida suggests mulberries, Elwood Fisher of Virginia suggests red bud blossoms, Bernice Hawthorne described the red clover used for tea in Arizona, Peter Gail of Ohio suggests Lamb's Quarters, Tom and Sandra Jameson of Michigan touted the "supermarket plants" – cattails, milkweeds, and dandelions.

You may have your own surprising suggestions to tell us about. Remember, the late wild foods author Euell Gibbons said, "People in every state want to connect with those who know about wild food in their

state, whether they are specialists or not." We want to offer you this opportunity to broaden your wild food knowledge.

We also want to make you aware that we have an index of all 220 people mentioned in the 40<sup>th</sup> Nature Wonder Weekend book compiled by Dr. John Tomikel last year. If you are interested in having the index, please indicate on the attached form.

Novices as well as experts mingle at this weekend and some choose to enter our Friday evening Hazel Wood National Wildwood Cooking Contest. Those of you who want to try for the three \$50 prizes offered for the best wild food creations are asked to bring your entry to be judged at the opening program on Friday night. Prizes are provided by Ira Wood, Edelen Wood, and Bill Faust, each of whom are members of the Wild Foods Hall of Fame. Faust, of Warsaw, North Carolina, has served as judge of the event since being organized by Mrs. Wood's children in 1984. Many participants have been winners in the previous years, so the competition offers many interesting wild foods which participants taste at Friday evening's concluding wild foods tasting party.

The weekend begins with registration at the park lodge at 2:00 p.m. and a tour of the park at 3:00 p.m. A buffet dinner will be served starting at 6:30 p.m. The Friday evening program, "Wild Foods We Share in the 50 States," will begin at 8:00 p.m. in the Lodge Conference Room.

After breakfast on Saturday, small groups under the leadership of wild foods hike leaders, will hike or tour the area discussing wild edible foods. Following Saturday's lunch you are invited to the National Wild Foods Awareness Social Hour in honor of Dr. John Tomikel. With the help of National Wild Foods Association officers Edelen Wood (President), Steve Jones (1<sup>st</sup> Vice President), Kathy Metz (2<sup>nd</sup> Vice President), Fred Fromhart (Secretary), and Emily Fleming (Treasurer), participants will prepare hors d'oeuvres for everyone's tasting at the social hour. If you have your own wild foods specialty, please feel free to bring it.

Sunday morning begins with a 7:30 a.m. breakfast buffet followed with a 9:00 a.m. opening service, and a concluding wild food symposium. John Fichtner of Elizabeth, West Virginia, will be conducting the Sunday morning opening service. Mr. Fichtner is an instructor at the Roane-Jackson Technical Center. He has produced a CD entitled "Collection of Songs Performed on Native American Wood Flutes."

Although wild foods are featured throughout the weekend, five (5) conventional meals will be provided by North Bend Lodge Restaurant.

When making reservations, please specify if you prefer a room in the lodge or if you desire to be housed in a cabin. Those participants not having two paying adults per lodge room will be considered a single reservation. Cabins are completely equipped for housekeeping and accommodate parties of four (4) to six (6). North Bend now has a new cabin that will accommodate eight (8). Cost listed for the cabins are based on four (4) paying adults. If you have **less/more** than four (4) in the cabin, please call 304.558.2754 and we will give you the cost based on the number of your reservations. If you choose to camp or stay elsewhere, the cost will be \$84 per participant. Camping fees are to be paid directly to a campground attendant. The camping fees are in addition to the \$84.

No refunds will be given after September 8, 2008, unless the room or cabin can be rented. Please use the enclosed reservation form to make your arrangements.

If additional information is needed, please call 304.558.2754 or contact Edelen Wood at 304.428.9590.



**History Alive! West Virginia Humanities Council**

**41<sup>st</sup> ANNUAL NATURE WONDER WEEKEND  
NORTH BEND STATE PARK  
SEPTEMBER 19-21, 2008**

**RESERVATION FORM**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

STREET OR BOX

CITY

STATE

ZIP

PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Reservations are being made for the following persons. Give name as you wish to appear on the name tag.

NAME	COMPLETE ADDRESS

\_\_\_\_\_ **Lodge\***      –      Double Occupancy      –      \$147 per person

\_\_\_\_\_ **Lodge\***      –      Single Occupancy      –      \$209

\_\_\_\_\_ **Cabin\***      –      \$147 per person      **(Cost based on 4 people in cabin. If less/more than 4, please call 304.558.2754 for cabin rate.)**

\_\_\_\_\_ **Children\***      –      \$60 each      **(Ages 7-11)**

\_\_\_\_\_ **All Weekend Activities      –      No Lodging**      –      \$84 per person  
(Includes all activities plus five meals)

\_\_\_\_\_ **Saturday Activities Only      –      No Meals**      –      \$25 per person  
(Includes activities plus wild foods tasting event)

\_\_\_\_\_ **Saturday Activities Only      –      Lunch & Dinner**      –      \$50 per person  
(Includes activities plus wild foods tasting event) John Fichtner

\_\_\_\_\_ **TOTAL AMOUNT ENCLOSED**

Payment must accompany reservation. Credit cards are not accepted. Payment will be returned if reservations are not available. Make check payable to "WV Div. of Natural Resources" and forward to:

WV Division of Natural Resources  
1900 Kanawha Blvd., E.  
Bldg. 3, Room 669  
Charleston, WV 25305

I will prepare the following foods for Saturday afternoon:

\_\_\_\_\_

*No refunds will be made after September 8, 2008, unless room or cabin can be rented. Please do not make reservations by e-mail. All reservations will be honored on a first-come basis.*

**\*Fee includes two nights lodging and five meals**

**NATIONAL WILD FOODS ASSOCIATION  
WILD FOODS CONTESTS  
SEPTEMBER 19-21, 2008**

***PLEASE PRINT***

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

\_\_\_\_\_  
CITY STATE ZIP CODE

TELEPHONE: (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
DAY EVENING

Please indicate which contest you are entering:

\_\_\_\_\_ **HAZEL WOOD COMMEMORATIVE WILD FOODS CONTEST**

Edelene Wood and her brother, Ira, will provide two \$50 prizes for the best wild food cooks. You must have your entry prepared by 8:00 p.m. for the Friday evening program. There will be a place provided in the Lodge Lobby for your entries.

NAME OF ENTRY: \_\_\_\_\_

\_\_\_\_\_ **BEST WILD CAKE**

Bill Faust of Warsaw, North Carolina, will provide a \$50 prize for the best wild cake. Bill is also the longtime judge of these contests. Your entries must be prepared by 8:00 p.m. for the Friday evening program.

NAME OF ENTRY: \_\_\_\_\_

\_\_\_\_\_ **MAXINE SCARBRO WILD FRIENDSHIP CUP**

The cup will be awarded to the person making the best wild drink. Your drink must be prepared for the Saturday afternoon Wild Foods Party on the Lodge Patio.

NAME OF ENTRY: \_\_\_\_\_

\_\_\_\_\_ **I would like an index of the 40<sup>th</sup> Nature Wonder Weekend book compiled by Dr. John Tomikel.**

*Please mail to:*

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Charleston, WV 25305